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Having seen all happily engrossed, the nurse, herself, sits down for a well earned rest, unless the ward is "heavy" when many duties claim her. Visitors are allowed to stay two hours, but in most cases several come and a limited time is allowed each, according to the patient's strength. A bell warns them that time is up. Leave takings over, the serious work of the day begins.

From 5 p.m. till 8 when all lights are lowered, is a busy time. The full staff is on duty that treatment confined to the night and morning may be fully carried out, as hot air baths, etc. Thus on the stroke of 5 p.m. beds are remade, those who may be got up on couches or wheel chairs, temperatures taken, fomentations, washings, and all the countless duties fulfilled, which attendance on the sick engenders. Suppers are distributed by the ubiquitous "pro" to whom nursing as yet spells little else than housemaid's work. She it is who sweeps and tidies up again, puts convalescents back to bed and cheers, by her cheerful manner, the lot of those around her. 8 p.m. brings lowered lights and cessation of conversation. With shaded lamp the Sister goes round with the nurse, sees that all orders are carried out and that everyone is as comfortable as may be. With many "good nights" another day closes in the life of nurse and patient. Nurses retire to well-earned repose, leaving all in charge of the night nurses who go on duty, in the knowledge that,

God gives his Angels charge o'er those who sleep
But He Himself watches with those who wake.

WORK OF A RESIDENT NURSE IN A COLLEGE

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Earlham College is co-educational, with most of the students in dormitories on the campus, there being about 135 young women and 115 young men, ranging in age from seventeen to twenty-five years, or more. Each dormitory is in charge of its dean, and the practice of government by the student body prevails.

Each sex has its own physical director, and all of these heads of departments, with the nurse, work together, not only to maintain good physical records but to teach the underlying principles and need for good health in the individual and in the nation.

The hospital department is separate from the rest of the college, being on the fourth floor of the girls' dormitory with access by means of an electric elevator, at all times. There are wards for boys and for

girls with toilet facilities. Two rooms and a bath are reserved for minor isolation purposes. An office, a kitchen, housekeeper's room and the nurse's rooms complete the plan. Virulent contagious diseases are sent to the city detention hospital, and all cases of serious illness are sent to the general hospital in the city, only emergencies and the ambulance cases being retained at the college. The nurse takes a clinical record for every student, the index file system being used, and note is made of all physical changes which occur, and of all care given during the four years course. Certificates of health are required upon entrance, and further examinations are made if deemed necessary, and always for physical culture work, which is compulsory for two of the four years.

There is no regular college physician, but any of the recognized physicians from the city may be had when desired. The students are required to report need for consultation with dentists, oculists and physicians, and these are officially arranged for, chaperonage being given all girls.

Lectures are given to the boys and girls separately, at the opening of the school year, to remind former students and to instruct all new ones of the necessity for maintaining high standards of health. The general instructions of the Hospital are given, also on the following subjects:

1. Rest, relaxation, sleep.
2. Work, overwork.
3. Food, regularity of meals, suitability, dissipation.
4. Clothing, day and night.
5. Baths, frequency, length, time of day, temperature.
6. Exposure.
7. Exercise, gymnastics.
8. Ventilation of rooms, Day and Night. Beds, Closets.
9. Order and cleanliness of rooms, use and care of the bath rooms.
10. Regularity of all habits.
11. Dormitory diseases: colds, tonsillitis, constipation, headaches, menstrual disturbances, care of eyes, general health.
12. Insistence upon promptness in reporting physical ailments.
13. Warning against careless exposure to contagious and infectious diseases (students are not allowed to return to college if exposure has occurred).

During the year a course of lectures is given the freshmen girls and all who have not previously heard them. These cover the following ground:

1. Health problems of women: Eugenics as it concerns college women; bio-physiology and bio-psychology of sex—*Special*.

2. Digestive system: anatomy, physiology, diseases and care, typhoid.

3. Respiratory system: anatomy, physiology, diseases and care, tuberculosis.

4. Eliminative system: anatomy, physiology, diseases and care.

5. Generative system: anatomy, physiology, diseases and care, functions.

6. Social diseases: prostitution, sex hygiene.

7. Heredity, nervous diseases, drug habits.

8. Care of feet, care of hands, care of hair, review of preliminary instructions.

To the senior girls in their last semester the following series of talks is given:

1. The art of love, the education of the affections.

2. The premarital state and obligations, physical and psychical.

3. Marriage and its relations.

4. Motherhood.

5. Causes of sterility, menopause.

Each year the pastor of the college lectures to both men and women but separately on the moral aspect of social relationship of the sexes. To the men of the college a physician of the city, who understands the men and the college life lectures on the physical necessity for pure manhood. The nurse gives to the senior men, private talks of the intimate relationship of men and women on both physical and psychical bases.

General care of the employees also devolves upon the nurse, and lectures are given them each year, and efforts made to give them an intelligent idea of proper living, and their accountability for others.

The most earnest endeavor is constantly made to teach the value of good health, the possibility of the elimination of disease, and the personal responsibility of each student, not only as a student, but as an educator and as a citizen. Fortunately, epidemics are unknown and only an occasional case of contagion occurs, without a second infection ever. Minor infections are more frequent, though the percentage of all sickness has decreased 50 per cent in two years.

Great emphasis is placed upon the value of systematic physical culture, not only for its benefit in the development of the body, but because it encourages the legitimate expenditure of surplus energy, and proper hygienic self control.